



Coordinators' Communique

State Health Plan Prevention Partners

June/July 2004

Dear Prevention Partners Coordinator:

Prevention Partners Seminars

Two new seminars offered by Prevention Partners, *Weight Loss Skills* and *Developing a Healthy Lifestyle*, have proven incredibly successful! *Weight Loss Skills* addresses key components needed for successful long-term weight loss. Participants will also have the opportunity to review weight loss software that has been successful in helping people achieve results. *Developing a Healthy Lifestyle* will provide a basic overview of the components needed to achieve a better quality of life. For more information on these two great seminars, please call Prevention Partners at (803) 737-3820.

Spring Walk Re-Cap

With the combination of some great weather, food and drink donations from local businesses and over 200 people joining us, the 2004 Spring Wellness Walk at River Front Park was a tremendous success! This event could not take place if not for our wonderful volunteers and all of our generous sponsors. Below is a list of all the people and sponsors we'd like to thank. Our Spring Walks aren't possible without you!

Sponsors

Adventure Carolina
Carolina Café
Carolina Wings
Chick-fil-a
Domino's Pizza
Earth Fair
Eddie's
Fat Buddies
Fat Cat Café

Gracie's
John Paul's
Just Fresh
Lite 96.7 fm
Manhattan Bagel
Pepsi
Saturn of Columbia
Senn Brothers
YMCA

Volunteers

Lyn Arnold
Margaret Blackhurst
Robercena Cain
Donna Chrisley

Terrance Jenkins
Susan Penley
Pamela Ricard
Shirley Schoonover

Spring Walk T-shirts

Even though the 2004 Spring Wellness Walk is over, we still have some of this years very popular t-shirts available. These shirts feature the palmetto tree and crescent moon inside an outline of the great state of South Carolina on the back. The cost is only \$8.00 each and sizes range from M-XXL. Order forms can still be found on our website, www.eip.sc.gov (click on "Prevention Partners").

Screening Notes

In the past, we have indicated that it would take a minimum of 25 participants for Prevention Partners to bring a screening right to your worksite. But thanks to one of our new healthcare providers, all it takes anymore is a minimum of 15 participants. This new minimum has opened the door to many worksites that had never been able to host screenings before. If you'd like to join the hundreds of worksites taking advantage of this great State Health Plan benefit, go to www.eip.sc.gov, click on "Prevention Partners", and then go to "Early Detection". There you will find the Worksite Screening Request form. Simply print a copy of the request form and fax it in to us and we will be glad to help bring this valuable service to your worksite.

Preventive Worksite Regional Screenings

For those who would like to participate in one of our regional screenings, the next three are as follows:

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|-----------------|------------|---------------------------|
| • June 10, 2004 | Greenville | Greenville Tech |
| • June 24, 2004 | Hampton | B.T. Deloach Building |
| • July 15, 2004 | Florence | Francis Marion University |

Registration forms are available approximately six weeks prior to a screening and can be obtained from our website, www.eip.sc.gov (click on "Prevention Partners" and go to "Early Detection"). For more information or to have a registration form faxed to you, contact Elliott McElveen at (803) 737-0112 or email him at emcelveen@eip.sc.gov.

Chronic Disease Workshops

We have one chronic disease workshops coming up in the near future. Workshops are open to all employees, their dependents and retirees. The workshop currently scheduled is as follows:

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|-------------------|---------------|----------|-----------------------|
| • Prostate Health | June 24, 2004 | Columbia | Capital Senior Center |
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Registration forms for any of our chronic disease workshops will be available approximately one month prior to the workshop date and can be obtained from our website, www.eip.sc.gov (click on "Prevention Partners" and go to "Disease Management"). For more information, contact Ramsey Makhuli at (803) 737-3823 or email him at rmakhuli@eip.sc.gov.

Contents of this mail-out are:

June/July Coordinators' Communiqué
June Bulletin Board Service
July Bulletin Board Service